

SPRING BLOOMS

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RECIPE BOOK

Find your next spring-inspired recipe.

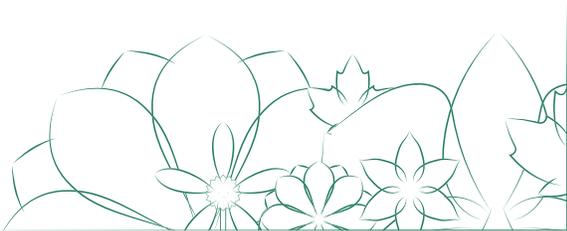
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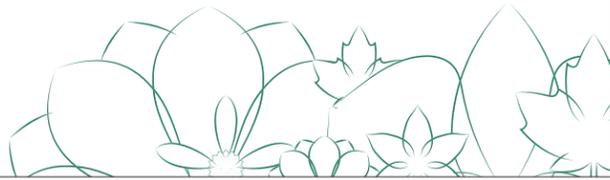
One way many people connect with spring traditions is through food. Whether tied to cultural or religious celebrations or inspired by the earth's early harvests, sharing a good meal is a meaningful way to celebrate the season.

Find your next spring-inspired recipe here.

Visit discovernewfields.org/springblooms to download the digital *Spring Blooms* recipe book.



Homemade Ricotta Cheese



This cheese is great for pasta fillings, lasagna, cheese dips, and sandwiches. Traditional Sicilian ricotta is made and most revered during the spring months. During the spring season, lamb ewes feed on new grass and produce the most milk, which gives the cheese a distinctive flavor. It is often linked with many Easter traditions in Italy.

INGREDIENTS:

- 1/2 gal. milk
- 1 qt. heavy cream
- 2 tsp. salt
- 6 Tbsp. white wine vinegar

INSTRUCTIONS:

1. Bring milk, cream, and salt up to a boil.
2. Once the mixture is at a boil, add vinegar and stir.
3. Immediately remove from heat and cover.
4. Let curdle for 45 minutes.
5. Set up cheese cloth in colander, set to drain over a bowl.
6. Pour milk mixture over the cheese cloth and let sit overnight in the refrigerator.
7. Once the cheese is the desired consistency, remove from the pan and discard any liquid that has drained out.
8. Store in refrigerator sealed for up to a week.

ALLERGENS:

- dairy



RECIPE BY:
Patrick Russ,
Director of Culinary
Arts | Executive Chef

Yield: Approx. 1.5 quarts

Prep Time: 5 minutes

Cook Time: 60 minutes

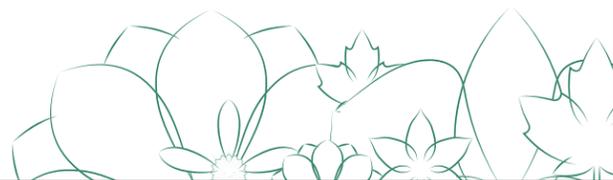


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During the spring season, lamb ewes feed on new grass and produce the most milk, which gives the cheese a distinctive flavor. It is often linked with many Easter traditions in Italy.

Lemon Olive Oil Cake



INGREDIENTS:

- 33 g. lemon zest (about 4 lemons per cake)
- 205 g. granulated Sugar
- 2 large eggs
- 132 g. extra virgin olive oil
- 50 g. lemon juice (fresh squeezed)
- 13 g. vanilla paste
- 230 g. all-purpose flour (A.P)
- 4 g. baking powder
- 2 g. baking soda
- 2 g. salt
- 148 g. milk

INSTRUCTIONS:

1. Preheat oven to 350 °F.
2. Zest lemons into a medium bowl.
3. Add sugar and whisk together until fully incorporated.
4. Add eggs, oil, lemon juice, and vanilla to the sugar mixture and whisk until well combined.
5. In a separate bowl, whisk together flour, baking powder, baking soda, and salt.
6. Add half the flour mixture to the sugar mixture, whisking until just combined.
7. Add the milk and whisk until just combined.
8. Add the rest of the flour mixture and whisk until combined—DO NOT OVERMIX.
9. Spray a 9-inch springform pan with nonstick spray and put a round of parchment in the bottom.

This is a great snack for any time of the day and especially delicious with coffee. Spring signals the close of citrus season, bringing an abundance of tart, bright-yellow lemons perfect for fresh, seasonal cooking.

Yield: One 9-in. cake
Prep time: 15 minutes
Cook Time: 45 minutes

10. Pour batter into prepared pan and tap on counter a few times to knock out excess air bubbles.
11. Let sit for two minutes and tap bubbles out again.
12. Bake for 32–37 minutes or until a toothpick comes out clean. (DO NOT open oven door while cake is rising, or it will sink in the middle.)
13. Let cake cool before removing from pan.
14. Enjoy plain, or top cake with powdered sugar and decorate with candied citrus.

ALLERGENS:

- dairy, gluten, egg

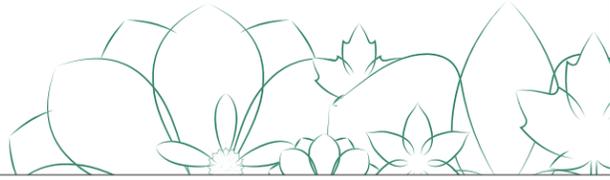


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Spring signals the close of citrus season, bringing an abundance of tart, bright-yellow lemons perfect for fresh, seasonal cooking.



Sourdough Focaccia



INGREDIENTS:

- 100 g. sourdough mother (starter)
- 390 ml. water (slightly warmed)
- 15 ml. extra-virgin olive oil
- 10 g. kosher salt
- 500 g. bread flour (white bread flour 12% protein)

INSTRUCTIONS:

1. In a large mixing bowl, whisk together starter, water, and olive oil.
2. With a spoon, stir in salt and flour until evenly combined and no dry flour remains.
3. Scrape edges of bowl to create single mass in center.
4. Lightly oil a clean bowl, place dough inside, cover and let sit for 30 minutes at room temperature.
5. Wet hands and knead dough by stretching and folding.
6. Re-cover bowl and repeat resting for 30 minutes and kneading two more times.
7. After final kneading, let the bowl sit undisturbed for 4 hours until the dough has grown in size and looks puffy, jiggly, and filled with air.
8. Cover bowl with plastic wrap and refrigerate overnight (be sure there is room for the dough to expand in size a bit more).

ALLERGENS:

- gluten

This recipe is a little bit more advanced and labor intensive, but worth the work. Focaccia's versatility makes it perfect for celebrations. It can be topped with fresh spring ingredients to heighten the joy of sharing the spring season with others. Its shareable nature and delicious flavors create a joyful and communal dining experience.

Prep time: 10 hours over 2 days

Cook Time: 30 minutes

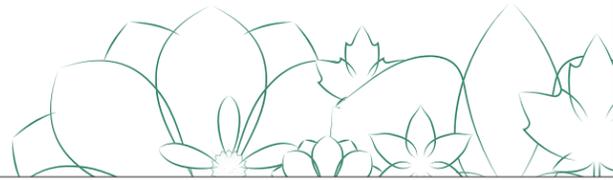
9. On day 2, prepare a quarter sheet tray by adding parchment paper and covering in 3 tablespoons of olive oil spread evenly.
10. Gently release rested dough onto lined and oiled 9×13 pan.
11. Rub oil on hands and fold one side of dough followed by the other to create a "burrito" look.
12. Flip the dough so seams are against the pan and the smooth side faces up.
13. Cover pan, avoiding contact with dough and proof for 2–3 hours, or until dough is bubbly and jiggly.
14. If dough has not reached the edges of the pan, oil hands and pull dough towards edges of pan to create even thickness.
15. Preheat oven to 430 °F.
16. Drizzle top of dough with extra-virgin olive oil.
17. Oil hands and press fingers into dough, making contact with tray underneath.
18. Repeat until entire pan of dough is dimpled, being mindful of leaving air pockets undisturbed and maintaining a light rise.
19. Top with flaky sea salt (or other toppings) by gently pressing into dimples.
20. Bake for 22–25 minutes on lowest oven rack to create a good bottom crust.
21. Let cool completely before cutting.

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Focaccia's versatility makes it perfect for celebrations.

Carrot Cupcakes



INGREDIENTS:

- 305 g. flour
- 6 g. baking powder
- 6 g. baking soda
- 6 g. cinnamon
- 2 g. ground nutmeg
- 1/2 tsp. ground clove
- 2 g. salt
- 395 g. carrots, peeled
- 270 g. sugar
- 87 g. light brown sugar
- 4 eggs, whole
- 274 g. vegetable oil
- 161 g. chopped pecans
- 130 g. currants
- 2 g. green cardamom, freshly ground
- 109 g. desiccated coconut (shredded coconut can be substituted)

INSTRUCTIONS:

1. Preheat oven to 350 °F
2. Whisk flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt in large bowl.
3. Shred carrots in processor, set aside.
4. Soak currants in water for 30 minutes, drain and set aside.



RECIPE BY:
Patrick Russ,
Director of Culinary
Arts | Executive Chef

Perfect for spring and summer, this recipe works great as cupcakes or layered cake! Carrot cake has long been associated with spring traditions, and this recipe can be tweaked for the tastes of your loved ones.

Yield: Twenty-four cupcakes or two 8-inch cakes

Prep time: 30 minutes

Cook Time: 45 minutes

5. With either an immersion blender or a food processor, blend: eggs, salt, sugars, and oil. Blend until fully emulsified.
6. Mix all inclusions together, set aside.
7. Fold wet into dry mix.
8. Fold inclusions into mix.
9. Pour batter into silicone cupcake pans and bake for 45 minutes until bounces in center.
10. Freeze fully before unmolding.

ALLERGENS:

- gluten, egg, nuts

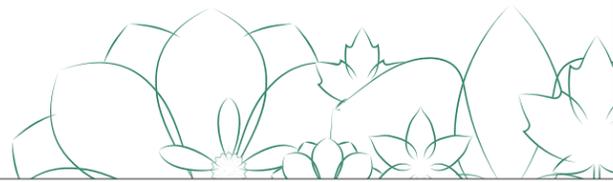


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Carrot cake has long been associated with spring traditions.



Pesto Aioli



INGREDIENTS:

- 50 g. basil (picked from stem, weigh before blanching)
- 1 lemon, zest
- 23 g. fresh lemon juice
- 25 g. grated parmesan
- 1 garlic clove (grated)
- 670 g. mayonnaise (We use Duke's)
- Salt to taste

1. Remove fresh basil from the stem.
2. Heat pot of water to a rolling boil and prepare an ice bath.
3. Drop the basil into the boiling water, submersing.
4. Stir leaves for roughly 20 seconds until vibrant.
5. Immediately strain and drop into ice bath.
6. Add all ingredients, besides salt, to food processor.
7. Blend until aioli is combined.
8. Scrape down sides, then blend again.
9. Test the aioli; add salt and lemon juice to taste.
10. Blend one final time for maximum smoothness.



RECIPE BY:
Elizabeth Enas,
Hospitality Associate

Pesto is the perfect fresh addition to sandwiches, pastas, or anything that needs a little extra oomph. Though it's traditionally made with basil, a summer herb, you can substitute that with the young leaves of garlic mustard. Garlic-mustard was brought to North America in 1868 as a culinary delicacy but has since escaped cultivation and become an invasive species. By removing invasive garlic-mustard from natural ecosystems and using it in your cooking, you're doing both yourself and the environment a favor.

Yield: One quart
Prep time: 15 minutes
Cook Time: 5 minutes

ALLERGENS:

- gluten, egg



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By removing invasive garlic-mustard from natural ecosystems and using it in your cooking, you're doing both yourself and the environment a favor.